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December 26, 1985 — January 8, 1986

Photo by Dan Derr

Seat belt law goes into effect.

— Page 3

Anka gives benefit concert.

— Page 6

Rosemary gets Baha'i award.

— Page 4

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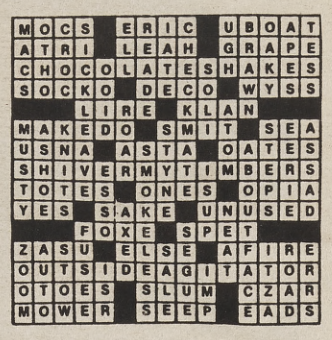

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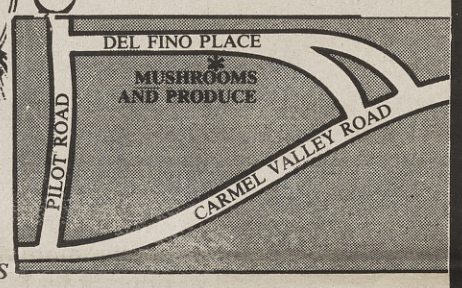

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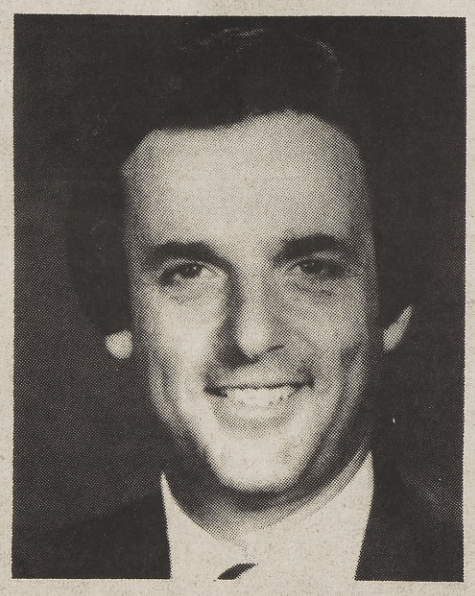

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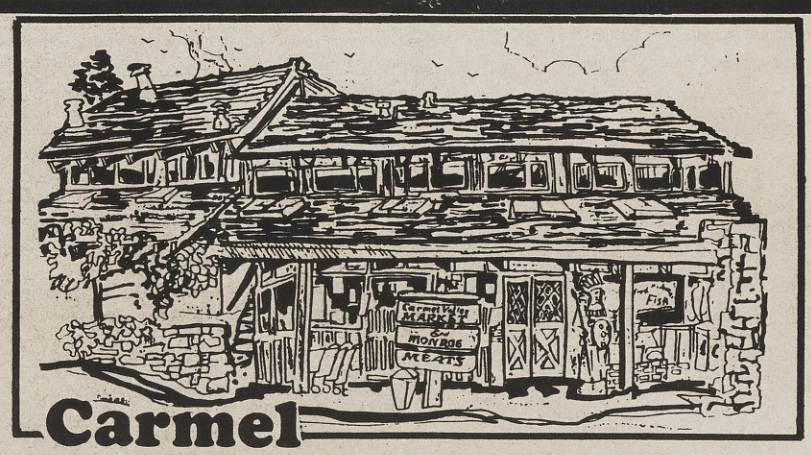

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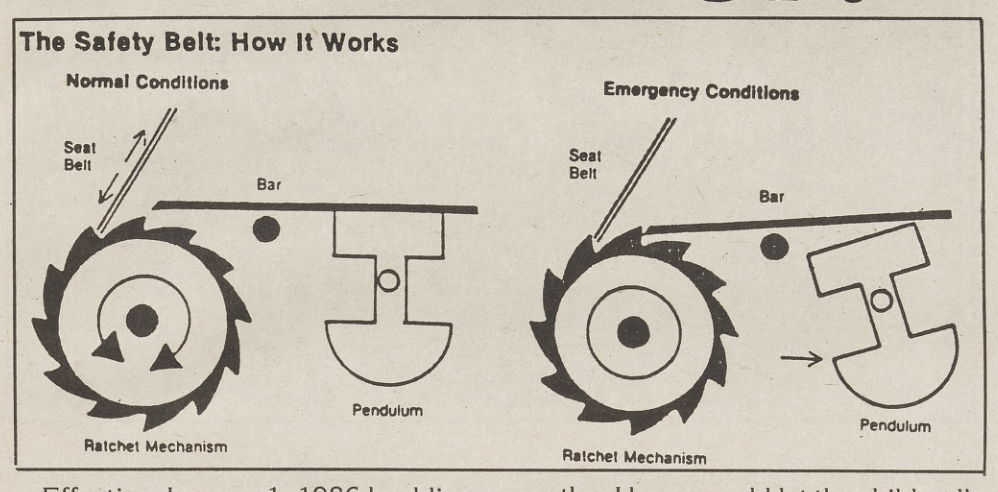

Effective January 1, 1986 buckling seat belts will no longer be optional for California drivers and their passengers. This is the result of Assembly Bill 27, the Private Passenger Motor Vehicle Safety Act.

The Law

The law states that no person shall operate a private passenger motor vehicle on a highway unless that person and all passengers over the age of four are restrained by a safety belt. It also states that no person 16 years of age or over shall be a passenger in a private passenger motor vehicle on a highway unless that person is restrained by a safety belt. Also, every owner of a private passenger motor vehicle operated on a highway shall maintain safety belds in good working order for the use of occupants of the vehicles.

Violations

Violations are punishable by a fine. For the first offense the fine is $20; $50 for each subsequent offense. Penalty assessments and court costs may also be imposed on the convicted person.

Peace officers, however, cannot stop or seize a person for a violation of the law if the officer has no other cause to stop or seize the person other than a violation of the Act.

Why Should Safety Belts Be Worn

According to Diana Jacobson, M.S., R.N., Coordinator for the Passenger Safety Program for the Monterey County Department of Health, the death rate in accidents could be cut in half if safety belts were utilized. "It's the best defense against drunk drivers and dangerous roads," she said. "It's something the average person can do."

What Happens In A Crash

What happens in a crash is explained in a "Fact Book" put out by the U.S. Department of Transportaion, National Highway Traffic Safety Administration. They show there are actually two collisions in an auto accident: the initial impact and the human collision. Within one-tenth of a second the vehicle has come to a complete stop, however, the occupants continue to move forward; even at speeds as low as 30 mph. Within one-fiftieth of a second after the car has stopped an unbelted passenger or driver can be thrown forward. It is the second collision that injures and kills, the Dept. of Transportation states.

At 25 mph, Jacobson explained, "a little child would hit with the same force as dropping them from a three story building," she said. "And no mother I know would let the child walk along the top of a three story building yet they pop them in a seat without seat belts."

How Effective Is A Safety Belt

According to the Highway Patrol, 57 percent of the fatalities and serious injuries which occcurred in Monterey County would have been prevented if safety belts had been used.

Studies of the effects of proper use of safety seats and safety belts for children show even more dramatic prevention of death and injury. Nine out of ten children involved in fatal car accidents would have lived, and seven out of ten children would have had much less serious injuries had proper restraints been utilized.

What A Safety Belt Does

The principle behind safety belts is to distribute the impact forces over a larger area. An example would be dropping one egg onto a hard surface and another onto a soft sponge. Upon hitting a hard surface, an egg receives the full force of impact on only a small area of its shell. The small area is not strong enough to sustain the great and sudden force of impact, and the egg breaks. When an egg hits a sponge, the sponge compresses to absorb some of the impact forces and to distribute them over a larger area of the egg's shell.

According to the Dept. of Transportation, a fastened safety belt functions like the sponge and distributes the forces of your rapidly decelerating body over a larger area of you body while stretching to absorb some of the forces. In addition, belts hold you in place while the car crushes and slows down. When the car slows down you are still moving but at a greatly reduced speed. The remaining forces of your deceleration are then absorbed safely by your body and the belts. A lap-shoulder belt is considered the best since it prevents the head and chest from striking the car's interior.

How The Safety Belt Works

Under normal conditions, the pendulum and bar of a seat belt are in their rest positions (see diagram 1). The reel, which holds the belt, is free to rotate. As the occupant moves forward the belt moves unrestrained with the occupant.

Under emergency conditions, such as in a collision, the pendulum moves forward under the force of the impact causing the bar to engage the ratchet. The reel and seat belt now lock in place and the occupant is held firmly in place (diagram 2)

Next Issue: *Exploring seat belt myths and facts.*

Buckle up. It's the law—

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Carmel Valley Sun

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The Cover

As truth is sometimes stranger than fiction, nature is sometimes more beautiful than the canvas.

Rosemary Matson Receives Baha'i Human Rights Award

"Our right to live is the most basic of all human rights," Rosemary Matson told a gathering of more than sixty Baha'i members and friends at a luncheon at Casa Munras in Monterey on Saturday, December 14.

Rosemary Matson of Carmel Valley was recognized for her continued efforts toward World Peace by members of the Baha'i Faith of the Monterey Bay area with the presentation of their Sixth Annual Human Rights Award. The selection was also in consideration of her work in the field of women's rights. Last year, Salinas attorney William Monning was honored for his dedication toward human rights in Central American as well as the Salinas Valley.

Ms. Matson, co-founder of Continuing the Peace Dialogue, was selected for this year's human rights award for the contributions she has been making toward improving the strained relations between the United States and the Soviet Union. She has been conducting a grass-roots diplomacy program of people-to-people exchanges between the two countries for the past four years. Many from the Monterey Bay area have gone to the Soviet Union on one of her goodwill missions, attesting to the eye-opening experience of "putting a face on the enemy."

She attended two World Conferences for Women sponsored by the United Nations, one in Copenhagen in 1980 and one held this year in Nairobi, Kenya. In the Nairobi conference she led a workshop with a Soviet woman on "The Role of Women in Adversary Countries Tranforming the Enemy into Friend." In 1984 she also received the American Civil Liberties Award.

Ms. Matson commended the Baha'i Faith for its continued international efforts toward world peace and for living as examples of its motto: One Planet, One People, Please! She mentioned that many groups are now emerging that have the same global outlook and follow the same precepts. She especially described the sensational "Global Spacebridge" orchestrated by the Beyond War organization on the same day.

Ms. Matson said that she felt that a social transformation is now taking place. She mentioned several of the highlights in 1985 such as the 40th anniversary of three important events: the atomic bombings of Hiroshima and Nagasaki, the ending of World War II, and the founding of the United Nations. Also, this year the Soviet Union initiated a temporary cessation of nuclear weapons testing, the Nobel Peace prize was given to an American and a Soviet physician for their joint peace efforts, and there was a Summit meeting between President Reagan and Soviet Leader Gorbachev. Matson lauded the non-military agreements that were made that will help to strengthen friendship between the two nations. She also mentioned some of the disappointments of the year, such as the president's insistence on using outer space for nuclear purposes, the lack of a concomitant cessation of nuclear testing, and the continued stockpiling of arms.

Ms. Matson felt that an end to discrimation is a prerequisite for world peace and that it is imperative that women be brougnt into the peace keeping decision process. She said that the recent summit meeting was an example of the last bastion of an all male world.

Dr. John Stroessler presided over the luncheon gathering and set the theme of the program with excerpts from a Peace Letter to the Peoples of the World from the Baha'i Universal House of Justice. Ms. Matson was introduced by Ms. Naomi Kanakaris, president of the Monterey Bay Area Chapter of the United Nations Association.

Rosemary Matson receives her award from Dr. John Stroessler.

Matson gets and congratulatory hug from Ms. Naomi Kanakaris, president of the Monterey Bay Area Chapter of the United Nations Association.

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Alliance On Aging Meetings Announced

The Alliance on Aging will start out the new year with a variety of programs for January. The Alliance meets every Friday at 11:30 a.m. at the Pacific Grove Community Center. Lunch follows the program.

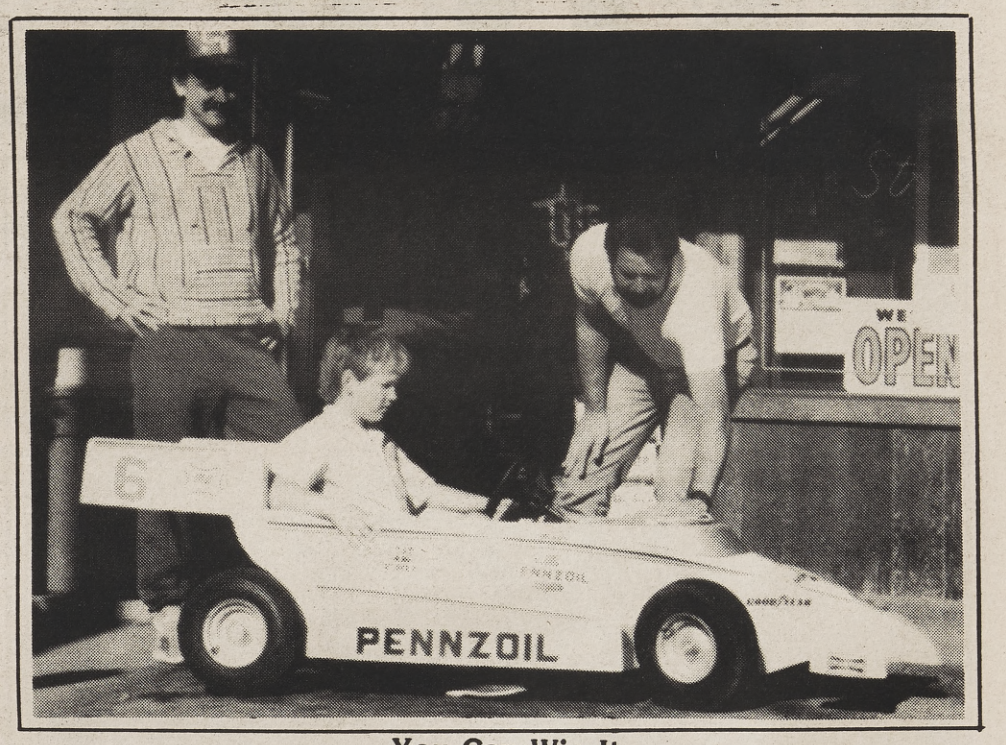
There will be no meeting on January 3 but meetings will resume on Jan. 10 featuring a dual program. The guest speaker will be Jacqueline Barnes of PG&E Energy Assistance Program. She will discuss energy conservation and how seniors can save money by weatherization programs. Also on the agenda will be a presentation by Nick and Novella Nicholson on "Seat Belt Safety." Their discussion covers the new seat belt law that goes into effect Jan. 1, 1986.

"Beyond War: Visions of Hope," is the scheduled topic for Jan. 17. Speaker Virginia Ranstedt of Santa Cruz will inform guests on the Beyond War movement.

On Jan. 24, Dr. Winston Trevor will present a slide show on "My Backyard Zoo." The presentation covers the abundance of insect life and such found in a back yard.

The meetings for the month finish on Jan. 31 with a demonstration by John Herrick. Herrick, a writer/author will present "Demystifying the Computer."

For more information call the Alliance on Aging at 372-5102.



You Can Win It

A Pennzoil mini go cart is the raffle prize being offered by the Carmel Valley Little League. The go cart is valued at $800 and is currently on display at Kasey's where raffle tickets are also available. Tickets are $1 each. The drawing will be held at on Jan. 18 at Kaseys. Funds raised by the raffle are for an electronic score board.

Chapel Guild Will Host A Potluck Luncheon

The regular monthly meeting of the Carmel Valley Chapel Guild will be held Jan. 8 at 12:30 p.m. in the Fellowship Hall at the Chapel on Village Drive and Paso Hondo.

The meeting features a potluck luncheon and a speaker from the Monterey Bay Aquarium.

Participants also need to bring a favorite salad, hot dish or dessert, as well as their own place settings.

The hostesses for the luncheon are Vera Bautz, Jean Danielson and Phyllis Schultz.

Burn Season Begins Jan. 1, 1986, Permits Are Now Required

Air Pollution Control Officer, Lawrence Odle, reminds residents that backyard burning season does not begin until January 1, 1986. In smoke sensitive areas such as Carmel Valley permits will now be required for backyard burning.

Permits are available through the local fire departments and will be limited to 25, or fewer, permittees per burn day in each fire district.

For more information on burn permits call your local fire department or the Monterey Bay Unified Air Pollution Control District at 443-1135.

Parks Department Will Sponsor Eagle Watch Tours Again

Each year, the Monterey County Parks Department sponsors an Eagle Watch Tours Program beginning the first weekend in January through the last weekend in February.

The Eagle Tours Program is held Fridays, Saturdays, Sundays and holidays with two tours per day each lasting about two hours. Participants may register with Leisuretime Reservation Systems at 1-800-822-CAMP. Each tour can accommodate 30 people. The registration fee is $7.50

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Crosswords PLUS

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Good Vibrations, by Paula Zimmerman

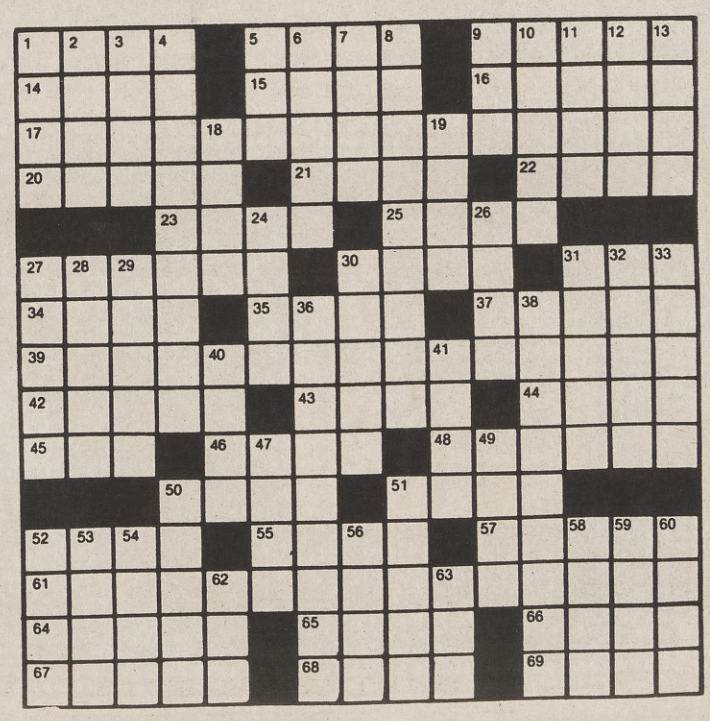
ACROSS

1 Wigwam wear?
5 Hoss Cartwright's real name
9 Sub of the Forties
14 Italian town
15 Jacob's wife
16 Soda flavor
17 Malt shop orders
20 Very successful
21 Art's last name?
22 *Swiss Family Robinson* author
23 Italian bread?
25 Part of KKK
27 Manage, somehow
30 Struck down
31 Sailor's longing . . . .
34 . . . and where some sailors train: Abbr.
35 The Charles' terrier
37 Author Joyce Carol
39 Pirate's expression
42 Lugs along
43 Small bills
44 Suffix of vision
45 "If you insist!"
46 Benefit
48 Virgin
50 Fanne once in the news
51 Baby barracuda
52 Pitts of the movies
55 If that doesn't work
57 Blazing
61 Political troublemaker
64 Siouan tribesmen
65 Urban eyesore
66 Big shot
67 Homeowner's purchase
68 Slow flow
69 Diving bell inventor

DOWN

1 Raincoats
2 Roman emperor
3 Reptilian ravager
4 Union man's benefit
5 Plumber's elbow
6 British novelist
7 "I can't believe _____ . . . "
8 Beat Bobby Fischer
9 Word of disgust
10 Muscles
11 Like a tree
12 Zoo attraction
13 Kinski role
18 Egg-shaped
19 Arias
24 Outcry
26 Physicist's study
27 Damp-smelling
28 ". . . woman who lived in _____"
29 Makes mittens
30 Gypsy composer
31 Phases
32 Unexplainable
33 Syrian president
36 Like chewing tobacco
38 Reversal
40 Standard Oil of New Jersey, once
41 "The jig _____!"
47 Cut down
49 Nifty
50 Signal flare
51 Musical bridge
52 Rise sharply
53 Flivver
54 Load
56 Bargain time
58 Chichén _____ (Mayan city)
59 Hobo's kingdom
60 Acts human
62 Shamir's country: Abbr.
63 Devilkin

Answer on Page 2



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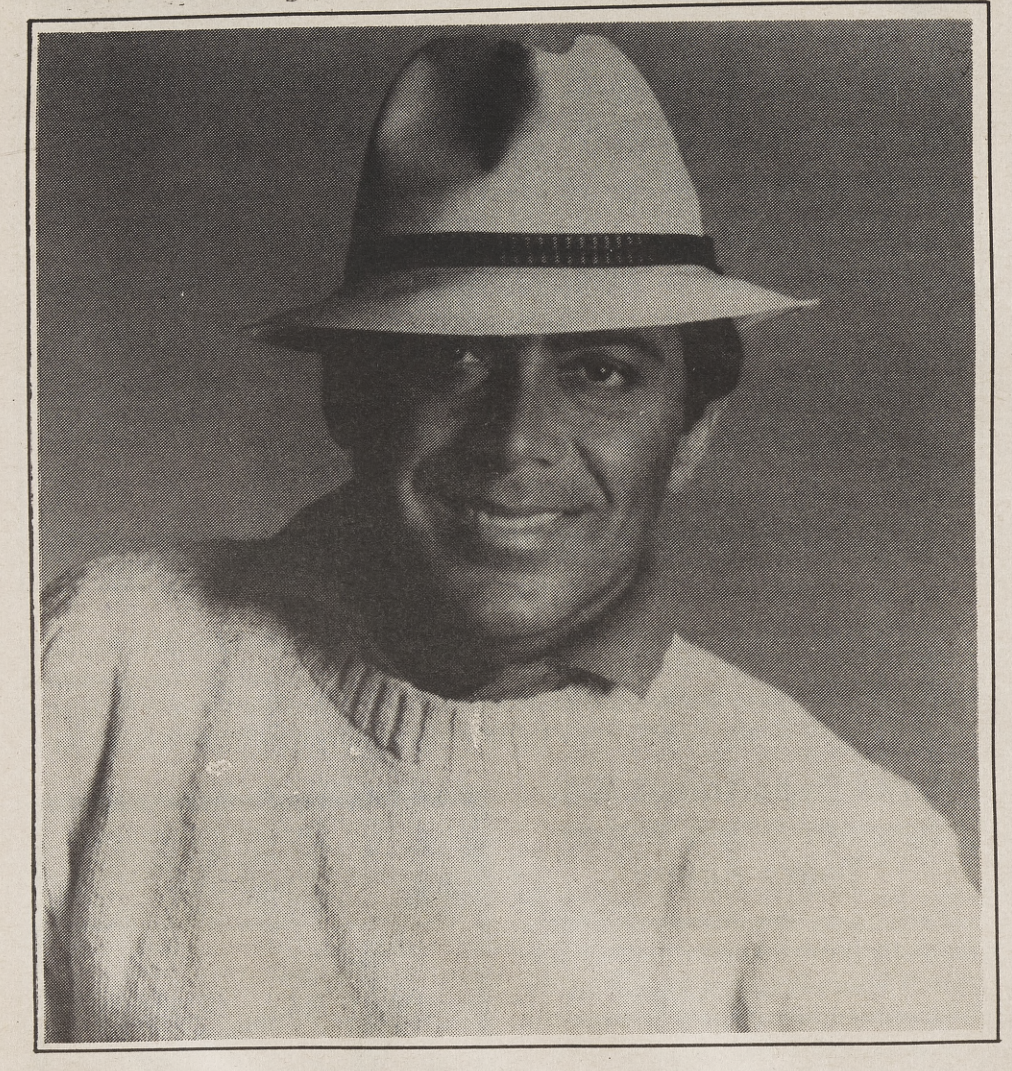
ENTERTAINMENT



Anka Will Give A Benefit Concert

Paul Anka will give a benefit concert on January 25, 1986 at the Performing Arts Center at Santa Catalina School in Monterey.

Complimentary wine and hors d'oeuvres will be served beginning at 7 p.m., and a no-host bar will be open. The concert, which will include Anka's 16 piece band from Las Vegas, will begin at 8 p.m. Those who purchase sponsor tickets will be invited to join Mr. and Mrs. Anka for an elegant post-performance dinner dance in the Santo Domingo Dining Room on the campus.

Tickets for the wine reception and concert are $75.00 per person. Sponsor tickets, which include the wine reception, concert, and the post-performance dinner dance, are $175 per person.

Co-chairmen for this gala event are Mrs. Paul Anka (Anne) and Mrs. Timothy Hall (Laurie).

All proceeds will benefit Santa Catalina School. Ticket information can be obtained by calling the school at 649-1234.

Brass Band Returns To Sunset Center

The Brass Band will make its second local appearance as part of the Lively Arts series at 8 p.m., on Saturday, January 11, 1986, in the Sunset Theater, 9th and San Carlos, in Carmel.

Often referred to as a musical Marx Brothers, The Brass Band is a high energy, zany show group of five brass instrumentalists—Johannes Mager, George Wallace, Bob Jennings, Bob Leach and Jim Aron. The group was formed in 1971 for the Charles Dickens Christmas Faire in San Francisco where they improvised comedy in the guise of an old English street band.

They have been touring full time for the past eight years and offer brassy music, acrobatics, slapstick comedy, and crazy antics. They refined their act for the stage and developed a unique style of entertainment which blends highly polished brass music with a brand of visual comedy that utilizes both improvised and choreographed settings.

The Brass Band is a show for the whole family for their fine musical performance and their hilarious and carefully programmed musical zaniness. They have been the subject of a feature on the Entertainment Tonight television show and have worked on Showtime cable network.

All seats at $10 and $8 are reserved. For more information, call the director's office at Sunset Center, 624-3996, Monday through Friday, 9 a.m. to 5 p.m.

Library Film Series Continues

The Carmel Valley Library will begin the new 1986 film series on January 10 by showing the original 1949 version (103 min.) of *The Third Man*, starring Orson Welles and Joseph Cotton.

This month's film will be on the second Friday rather than the first Friday of the month because of the proximity to New Year's.

Movie time is at 7:30 sharp. Admission is $2 adults, $1 children.

The Library is located at 65 W. Carmel Valley Road. For more information call 659-2377.

Hidden Valley Offers New Year's Eve Fun

Hidden Valley Music Seminars promises to uphold the tradition of fine New Year's Eve entertainment for which it is known when it hosts its tenth annual New Year's Eve extravaganza on December 31.

From 9 p.m. to 1 a.m. this year's partygoers will attend the opening of a new musical review, *Paint the Town!* The music, featuring favorite songs about America's towns and cities, is arranged by Hidden Valley's music director Stephen Tosh. John Pasqualetti, Dance Program Artistic Director, is the choreographer. Three of the professional vocalists, Reg Huston—bass baritone, Larry Venza—baritone, and Kevin Skiles—tenor have performed previously in Hidden Valley operas and musicals. Joining them in the Review's lively song and dance routines are sopranos Jacqueline Dickey and Laurel Rice, and mezzo soprano Marcia Gronewold.

Between acts dance music will be provided by Stephen Tosh and his jazz combo. Tosh performs on keyboard; Brigham Cooley, string bass; and Richard Conklin, drums.

The "Paint the Town!" theme will be carried out in party decorations designed by Lynda Thornton. A supper buffet includes a wide selection of meats, cheeses, rolls, relishes and favorite American desserts. Also provided are complimentary wines and champagne and a no-host bar.

The event, sponsored by Friends of Hidden Valley, will fund scholarships at Hidden Valley. Admission is $60 per person, of which $30 is tax-deductible. For further information call 659-3115.

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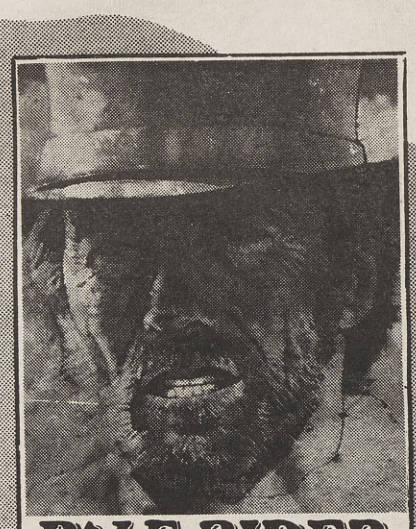

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Carmel Valley

THE CHAMBER CONNECTION

by Grace Darcy
Executive Director
Of The Chamber of Commerce

As 1985 draws to a close, it is time for individuals and organizations to view the past year with introspection and retrospection. For the Chamber, president LOIS LAMAR did that splendidly in the last issue of our newsletter, also called *The Chamber Connection.* I would like to share LOIS's comments with you today...

..."As 1985 draws to a close, it is time to reflect on what has happened during the past year. It has been a good year, I think, because, despite some trying times, we have accomplished a lot.

"The Chamber had its second annual Fun in the Sun Day, and again it was a success. My special thanks to JO LOMANTO for chairing this event, and to STEVE AUSTIN, KIM HARTFORD, TIM HEASTON, CHUCK MC KAY, and DEBBIE SAXTON for helping make it the success it was.

"We have our own office—for the first time in our Chamber's history! The office is in the Plaza Linda Building in the Carmel Valley Village, and thanks to some of our members, it has attractive furniture and fixtures. Speial thanks go to JUDY and DAVID CASWELL, CHUCK MC KAY, STEVE AUSTIN, TONI and MO MOULAISON of Carmel Valley Floors, NICK LOMBARDO of Rancho Canada, KATHIE MC CRARY of Village Business Service and ALICE MAY of County Bank and Trust.

"We have also appeared before the Board of Supervisors in an effort to have some of the transient occupancy tax monies generated in Carmel Valley returned for the use of the community. Not only have NICK LOMBARDO, JUDY CASWELL, PETER COAKLEY, and PAUL BROCCHINI worked diligently to present a proposal to the Supervisors, but the Executive Director and I also have made two appearances before the Supervisors in the Chamber's behalf. One thing is certain: The Board of Supervisors know who we are.

"1985 has enjoyed a number of mixers given in the Chamber's behalf by some of the area's most outstanding businesses. I want to thank all who gave so generously in this way to the Chamber.

"The twelve people who took the time out of their busy days to address our luncheon meetings deserve our deepest appreciation. The meetings have been insightful and interesting, and my special thanks goes to KIM HARTFORD for making the arrangements for us.

"No thank you list would be complete without mentioning the Carmel Valley Inn and JOHN MC CORD and CINDY FLOOD. Thanks to their interest and generosity, the Chamber Board has enjoyed using their Board room for its meetings, and more often than not its dining room for our luncheons. Sincerest thanks to CINDY and JOHN.

"For your personal support, for your support of the Chamber, I wish to thank you, each and every Chamber member, for helping your Board of Directors accomplish what we have this past year.

"My sincere wishes for the happiest of Holidays to all, and may 1986 be happy, prosperous, and fulfilling."

Thank you, LOIS.

•

Next time, there'll be lots of news to relate to you, dear reader. The annual Christmas Party at Valley Lodge will have taken place; Christmas Decorations Contest winners will be announced as will new officers which were elected December 19.

For you, for your family and friends, a Joyous and Happy New Year. God bless you, each and every one.

...'til next time.

GOING MY WAY

Courtesy of Carmel Travel

'TIS THE SEASON TO BE GIVING! Whether you're really into the Christmas season or simply looking for the last minute tax deduction, it is the season to think of your favorite chairty.

Now, at last, you can raise money for your organization, give all your fellow members a charitable contribution tax deduction (if you have a 501-C3 designation by the IRS), and all go on a cruise or other trip together for up to a 10 percent discount from the usual cost of the trip. Here's how it works. The discount comes from—and the amount depends upon—the number of people you sign up for the trip. The money saved is then divided into a donation to the charitable organization and the balance is used to enhance the sale of the trip to individuals.

Last November, the Jesters, the fund raising support group for the Monterey Museum of Art, used the idea for one of their "Just for Funds" events; it was a four-day cruise of the California Delta and Sacramento River.

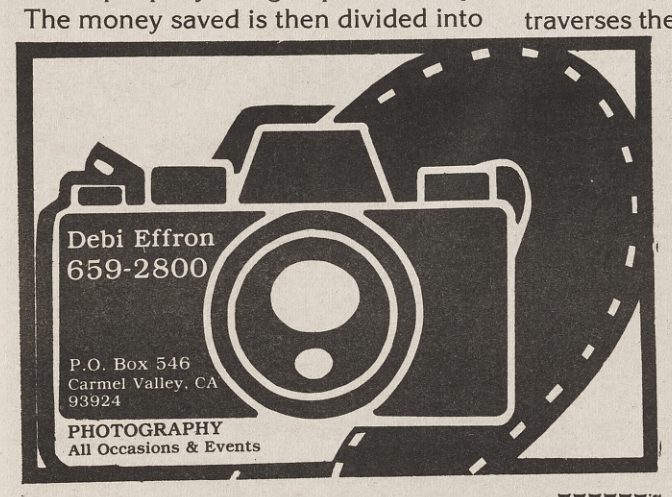
On January 3, 1986 a group of supporters of the Library Fund for the Hopkins Marine Station of Stanford University will sail on a three-week cruise aboard the *North Star* of Exploration Cruise Lines. The trip begins in Panama, visits the San Blas Islands, traverses the Canal, and then visits the western coastal waters of Central America. Alan Baldridge, Libriarian and Assistant Director of Hopkins, a well known ornithologist and marine mammal expert will be the group's leader. The travelers will bird watch along the coast and reach the Baja in time to observe the calving of our favorite whales. This trip is sold out, but if you wish, send in your name to Carmel Travel in case there is a cancellation; also, they will let you know in plenty of time for next year's cruise—after all, whales calf every year, don't they? (But you can be sure that Hopkins will still be interested in raising money and you can look forward to this unusual trip at a 10 percent discount.)

There are three other trips that are still available through Carmel Travel:

The Friends of the Monterey Insititute of International Studies invite you to join their tour "THE ARTS AND CULTURE OF OLD JAPAN" April 3 to 23, 1986, escorted by Mr. Philip Cardeiro, noted authority on Far Eastern Art. This is a rare opportunity to visit places the usual escorted tours to Japan by-pass; such as, the Kurita Museum in Nikko with its superb collection of Imari porcelain, a visit to the potters' village of Mashiko, and the Buddhist and Shinto shrines at Kamakura and Hakone. Of course, you will also visit all the important museums in Tokyo and Kyoto with your own docent. There is not room to include all the treasures in store for you, but you can write or call 624-1501 for a brochure. A tax deductible gift to the Friends of the MIIS is required for participation in this tour.

The Monterey Institute of International Studies will also benefit from two other tours in 1986. The two China-born daughters of famed World War II General Joseph W. Stilwell will

Continued on page 11



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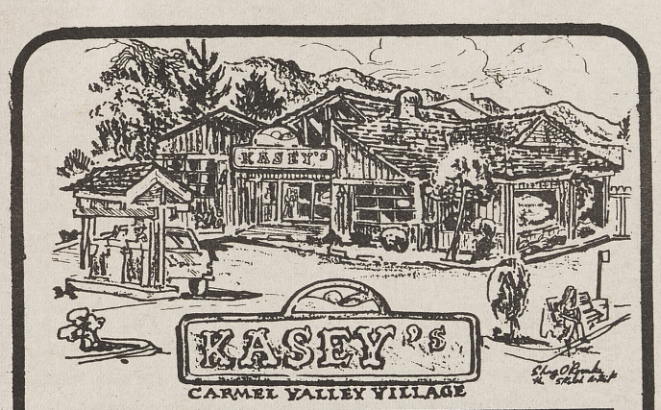

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TO YOUR GOOD HEALTH

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Drs. Irving and Kim Hartford

Answers To Your Questions About Cataracts

What are Cataracts? Cataracts are an opacity clouding of the clear lens of the eye that distorts the light entering the eye and causes blurred vision.

Who is likely to be affected by cataracts? Cataracts are most often found in persons age 55 and older. But, they can also occur in younger persons, even infants at birth.

What cases cataracts? Cataracts can develop from a variety of causes. Most often, cataracts result from the natural aging process. Some cataracts result from injury, specific diseases and exposure to toxic materials and radiation. Some are present at birth or inherited.

How do cataracts progress? Small clouded areas or opacities in the lens gradually become larger or denser and interfere with the light rays entering the eye (the lens focuses light rays and is normally clear). Different types of cataracts progress at different rates ranging from a few months to many years.

Will cataracts cause blindness? Cataracts can lead to blindness, if left undetected and untreated. However, most cases of blindness can be prevented through early detection, eventual removal of the cataract and post-surgical use of eyeglasses and contact lenses.

Do cataracts normally develop in both eyes? Cataracts usually affect both eyes, but are likely to develop at different rates.

What are the signs of cataracts? In most cases, there is a gradual, painless decrease in vision. Blurred or hazy vision, spots before the eyes and double vision are among the first noticeable signs. Also, a sudden, otherwise unexplained improvement in vision at near distances for farsighted persons may indicate cataracts.

How are cataracts detected? In most cases, cataracts are extremely difficult to see with the unaided eye. A good way to detect cataracts is through a comprehensive eye examination. The doctor can detect cataracts, often several years before the patient experiences any symptoms.

Can cataracts be prevented? Protection from ultraviolet light may slow cataract formation.

How are cataracts treated? The eventual treatment is to surgically remove the clouded lens of the eye. Once cataracts are detected, adequate vision can usually be maintained with the help of prescription lenses until the time for surgery.

What happens after surgery? After the lens of the eye is surgically removed, your doctor will prescribe temporary lenses until the eye heals. After the eye heals and stops changing power, permanent eyeglasses or contact lenses will be prescribed to take the place of the removed lenses. Glasses may also be needed to correct vision after an intraocular lens implant. This surgical procedure uses a tiny plastic lens to replace the eye's own clear lens which is removed.

Multiple Addictions To Be Disccussed At Workshop

"Multiple Addictions—Multiple Recoveries," the fourth in a series of lectures on "Issues in Recovery" by Janet Hurley MFCC, will be presented by Beacon House, Jan. 12, 6-9 p.m. at the Pacific Grove Community Center, 515 Junipero, Pacific Grove.

Cost is $6 at the door with the proceeds benefitting Beacon House.

Call 372-2334 for information.

Spina Bifida Support Group Is Available

Victims of Spina Bifida and their families can find help at monthly meetings of a support group. For more information on meeting dates and time call the March of Dimes at 373-8482.

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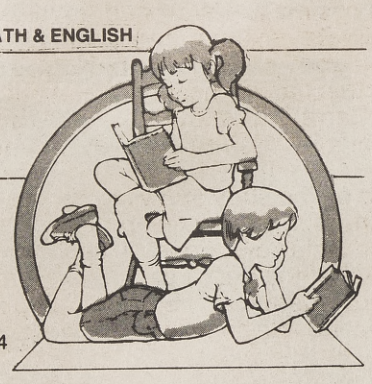

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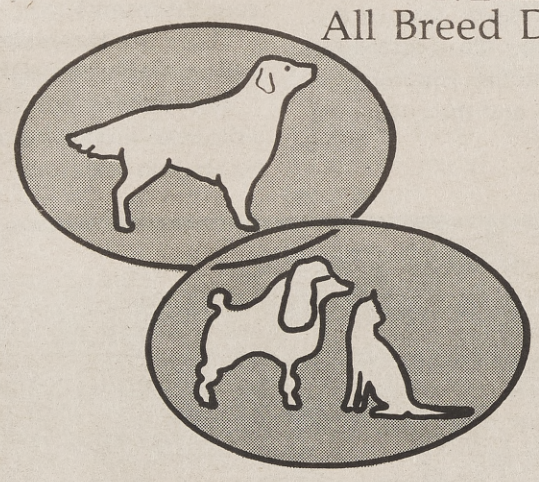

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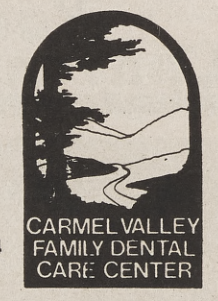

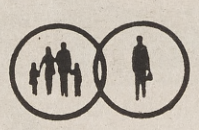

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PEOPLE ARE READING

News from the Carmel Valley Library by Lou Ray

1. *Pride* — William Wharton
2. *Chaplin* — David Robinson
3. *Protecting the President* — Dennis McCarthy
4. *Royal Feud* — Michael Thornton
5. *Be Buried in the Rain* — Barbara Michaels
6. *Caracol* — Edmund White
7. *Maigret's Memoirs* — Simenon
8. *Eye* — Frank Herbert
9. *What's Bred in the Bone* — Robertson Davies
10. *Albert Schweitzer's Mission* — Norman Cousins
11. *Right Reason* — William F. Buckley
12. *Mammoth Hunters* — Jean Auel
13. *The Deer Leap* — Martha Grimes
14. *Crossfire* — J.C. Pollock
15. *The King's Justice* — Katherine Kurtz
16. *Killashandra* — Anne McCaffrey
17. *Jane Brody's Good Food Book* — Jane E. Brody
18. *I Never Played the Game* — Howard Cossell
19. *Secrets* — Danielle Steel

HELP YOUR HEART

American Heart Association

If you're trying to help someone recover from a stroke, here are some important tips to remember:

1. Consult with therapists as soon as possible to assess the extent of the damage. Set realistic rehabilitation goals, then see that rehabilitation is started as early as possible.

2. Try to realize that neither you nor the patient is to blame for the trying episodes that may occur or the emotional upsets stemming from the illness.

3. Be aware that indifference or resignation can be worse for a patient than anger or irritability; keep encouraging your family members in trying to build his or her confidence.

4. Talk frankly and regularly with the doctor about mental changes or other conditions that concern you. Your doctor can help you arrange physical, occupational, speech or even psychiatric therapy as necessary.

5. When it's time for the patient to come home, make sure that necessary household adjustments are made, such as installation of handrails and wheelchair ramps, and that troublesome obstacles are removed.

6. When long-term at-home care is required, divide duties and responsibilities so that the full burden doesn't fall on any one family member. Friends often want to help but need direction from the family. Numerous home-care services are also available to take part of the load. Ask your doctor or hospital social worker about them.

7. Be active participants in the patient's therapy and exercise program, not merely observers. Therapy benefits covered by Medicare or other insurance may run out before recovery is complete, and private-pay therapy is very costly, so learn the procedures yourself.

8. Take concrete steps to build the patient's overall health and prevent another stroke through proper nutrition, good health habits, drug therapy prescribed by the doctor and avoiding risk factors such as smoking and undue pressures.

9. Don't be discouraged. Keep working toward specific goals. Recovery of lost neurologic functions generally can be expected within six months after a stroke, but long-range improvements in the quality of life can still occur after that.

10. Don't relegate the patient to the sidelines or leave him with only television and radio for company. Encourage him or her to participate in family activities, develop a hobby, stay in touch with the world and be as independent as possible.

For free pamphlets on stroke, call your local American Heart Association at 372-0485.

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My family and I, at Stew's Plumbing, would like to take this opportunity to extend our sincere gratitude for your ten years of patronage. As we reflect on these past years, we can clearly see we made the right decision in choosing Carmel Valley to open up our shop. Since we started, in April, 1975, our business has flourished thanks to you and to our competent office staff and servicemen. It has been a pleasure serving you, and we hope you continue to rely on us for excellent, courteous work.

We were fortunate to have been able to open our plumbing shop in such a beautiful area. It was evident to us that there was a definite need for service-oriented professions in Carmel Valley. Even today, that need remains strong. At the same time, there is also a need for places for businesses like mine, to locate. Personally, I believe Carmel Valley could fulfill this necessity without spoiling the pure and spacious environment.

Being a father of two daughters, I have another concern. I feel that moderate-income housing is lacking in Carmel Valley, which could force our children, who grew up here, to move. I want to see that my children and my children's children have the same opportunity as my wife and I had, to raise their families in Carmel Valley. We must give this vital issue strong priority.

We are lucky to live (and work) surrounded by Nature's fresh valleys and hills. My intention is to protect this natural beauty; that is why we chose to open our shop in Rosie's Cracker Barrel—a renown historical building. We enjoy being a part of preserving the history of Carmel Valley as it reminds us of old traditions and values.

You're welcome to stop by the shop and visit. You'll find that there are many told and untold stories lingering about—many of which are unyielding to exposure. Maybe you could help reveal one or two.

Whatever the case may be, the past truly holds great treasures for us; but, now, let's turn to the future where we, at Stew's Plumbing, look forward to providing you with prime, dependable service. Meanwhile, Happy Holidays—from my family to yours!

Stew, Sandy, Brenda, Tammera, Kristin.

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LIONS CLUB NEWS

by Frank Catalano

I am happy to report all projects have been successfully completed, with excellent monetary returns. At our Rummage Sale we had more treasures to sell than expected and grossed over $1,600 that, after expenses, will be shared with our community and to help pay for Lion delegates going to the District Convention in May. People have begun looking forward to our Rummage Sale and values they obtain. A special Thanks to the Ford's Department store, Biss Tosh and Lou Harbin for the use of their trucks. Particular thanks to Lion Harley Wood for patient storage and Lion Ken Bliesner for overseeing the whole event.

At our annual Christmas bash we inducted new Lion Elmer Rupp who came to the Monterey Peninsula from Indiana. We look forward to Elmer and his wife Cleo participating in our events. The bash was also our chance to thank the ladies for all their help.

The Lions Club meets the first and third Wednesday of each month at 7:30 a.m. in the Crossroads Community Room. There will be no meeting on Wed., Jan. 1. Regular meetings will be held on Jan. 8 and 15.

WOMEN'S CLUB

by Maureen Dalton

The Carmel Valley Women's Club travels south of the border in spirit on Thursday, January 9th, at its Mexican Fiesta luncheon at the Carmel Valley Inn. Hospitality will be at 11:30 a.m. with luncheon being served at 12 noon. For reservations call Mrs. Helen Keene at 659-4283. Club president Beth Morrow and her board of directors will host a tea welcoming new members on Thursday, January 16th, at the Los Tulares home of Joy Overman. Mrs. Morrow reported to the board of directors that there are eighteen new members. These new members will be receiving their invitations.

The December luncheon held on the campus of Hidden Valley was a beautiful afternoon with a delicious luncheon catered by the food service department of Hidden Valley and a dance program presented by the dance division of Hidden Valley. The young dancers, already most professional, led by Meryl Robertson, danced their way into the guests' hearts.

Nestled in the hillside of Robles del Rio overlooking the valley is the charming home of Phyllis Shultz, hostess to the board of directors for their December 12th meeting. Her home was certainly ready for Christmas with three beautifully decorated Christmas trees and many decorations reflecting her Pennsylvanian Dutch heritage. The cold outdoors only made her warm home and gracious hospitality more delightful. Each board member left the meeting with wonderful, excited feelings of Christmas soon to come.

Library Exhibit Will Feature Indian Art

The Carmel Valley Library will be featuring American Indian art by Buck Tyree beginning January 2, 1986.

Tyree, a self taught artist, works in mediums of pencil, colored pencil, pen and ink, water color and oils. Because of his Cherokee Indian heritage, he has focused his work on the life style and portraits of American Indians.

The Carmel Valley Library is located at 65 West Carmel Valley Road in Carmel Valley Village. Library hours are: Tuesdays, 11 a.m. to 8 p.m.; Wednesdays through Saturdays, 9:30 a.m. to 6 p.m. For further information, contact Ms. Lou Ray at the Carmel Valley Library, 659-2377.

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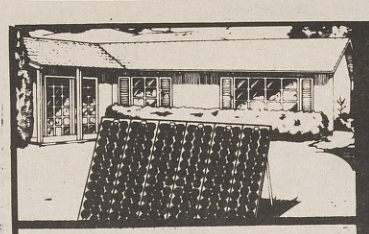
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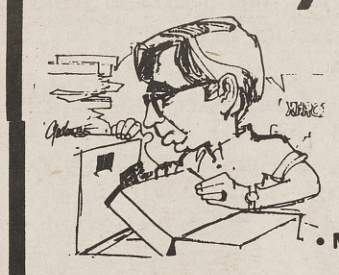
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ANIMAL TRACKS

The Monterey County SPCA
by Robin Maurice

The Monterey County Society for the Prevention of Cruelty to Animals, in recognition of the outstanding contribution animals have made to our lives, plans to present the second annual Heroic Animal Award at the MCSPCA annual membership meeting to be held at noon on February 8, 1986 at the Hyatt Regency in Monterey. Nominations for the award are being accepted through January 31, 1986.

This award, to be presented to a heroic animal in Monterey County, will recognize an outstanding service or daring act which either enhanced the quality of a person's life or somehow aided in preserving the health, life or porperty of an individual.

The 1985 Heroic Animal Award was presented to Diamond Jim, a retired member of the Monterey County Sheriff's Canine Corps. Jim's owner, Deputy Robert C. Bryant stated that Jim has "assisted in numerous felony and misdemeanor arrests by locating criminals who have fled the scene of crimes...Despite all this activity, I am very proud of the fact that Jim has never bitten a human being, other than in training. All his arrests were accomplished with his nose, not his teeth."

To nominate an animal for this award, simply state the facts in a letter, including date, name and phone number as well as any pertinent photographs, newspaper articles or documentation. Entries should be sent to: Heroic Animal, MCSPCA, P.O. Box 3058, Monterey, CA 93942.

Nominations for the award must be received by January 31, 1986.

.Travel cont. from page 7

each conduct a separate trip to mainland China.

Nancy Stilwell Easterbrook will conduct her third trip to China, in as many years, from April 4 to April 27, 1986. Her warm, enthusiastic personality, plus her intimate knowledge of China and her superb command of the language, has enriched the China experience for all who have travelled with her. Nancy plans all itineraries and arranges the sightseeing in each city so that the group sees the best (and sometimes the least known) features of that area. In addition, she contacts several of her friends in China and arranges special meetings and dinners where the group can meet with these people and thereby have a view of China that few others will see. The group will not exceed twenty persons to permit this rare type of travel. A gift to the Chinese Scholarship Fund of MIIS is required for participation.

Alison Stilwell Cameron invites you to join a special sailing of the *Pearl of Scandinavia* from Hong Kong to seven remarkable cities in China plus Nagasaki and Kobe, Japan. The trip will begin May 25 and end June 11, 1986. Your ship will be your hotel on this tour, except for two nights at the Great Wall Hotel in Beijing, when you accompany Mrs. Cameron on a land side-trip to her birthplace. She is a world famous artist and this distinction earned her an invitation to the People's Republic of China in 1973. She has returned many times since.

In appreciaiton of Mrs. Cameron's agreement to act as the exclusive lecturer and escort for a select group of passengers, Pearl Cruises has agreed to make a contribution to either or both of the organizations of which Alison is a trustee. You may designate the MIIS and/or Planned Parenthood of Montery County as the recipient of the donation generated by your passage. But hurry, this trip will fill fast. Bon Voyage!

SPCA To Hold Volunteer Training Workshop

The Monterey County Society for the Prevention of Cruelty to Animals (MCSPCA) will hold a volunteer training workshop for prospective adoption counselors on Saturday and Sunday, January 18 and 19 (1986) from 10 a.m. to 3:30 p.m. at the MCSPCA's education center, 1002 Highway 68 (across from the Laguna Seca Raceway). Volunteers will learn pet care and owner responsibility, animal control laws, pet personality testing and techniques for working with the public.

To join the class, call 373-2631.

FACE TO FACE

by Dan Derr
Designer/Photographer

This being the last column for me, I would like to express some of the many thanks I have for the wonderful people who made the studio work as long as it did. Unfortunately it's no longer working as I had planned; I no longer have the money or energy to try to make a living out of what has turned into an altruistic venture. And since the column was closely allied to the nature of the studio, it too must retire.

I guess the first thanks goes to Thelma Lee, who loaned me the initial money to get into 10 EAST, but there were many prior to that who helped me persevere the first four years in the Valley. Bob and Janet Steinberg continued throughout that period to give many kinds of support that simply allowed me existance during my preparation. They are a true life support system.

There's a little old man with a glint in his eye that wishes to remain anonymous. I'll grant him his privacy, but I have to thank his generosity and his sense of timing. He **is** an eleventh hour reprieve, and practically single handedly kept this boat afloat during this past year. Aye, aye, Cap'n.

Bob Moore Jr. furnished the paint; Lisa Schumacher shared the painting, and furnished a carpet, with Mo Moulaison and Whitney Taylor each laying more wall-to-wall. The Community Chapel Thrift Shop and the SPCA Shop furnished just about everything else at a very modest cost. Gary and Eleanor Eldridge added lamps and sewing machines, wood and warm meals, and all the odds and ends. The library and its Marys and Judy furnished me with enormous amounts of books and information beyond the call of duty. Judith Hunt whose support prior to the studio continued with portrait commissions of her daughter, Natasha, at regular intervals. Hal and Peggy Blackburn who treat my prints as they do an Adams or Weston. To my creditors, thanks for helping when I needed it. And to Bruce Springer, my landlord, who was more understanding and reasonable than I would have ever thought. But the greater group of you are clients, too numerous to name, for enjoying and utilizing the work that was done.

One special person that really got me this far was my son, Jason. Without his encouragment, criticism, and occasional kick in the butt I wonder if I would have made the effort. But he shared a dream with me, from 1980 as a five year old, to now when we both must follow other dreams. From neck rubs to developing film, he was with me every inch of the way and still pulled A's and the All-Stars. And his prints hang with mine, because they are equal.

Yes, I'm still continuing on as a *designer/photographer. And yes, I'm* still remaining in the Valley (once accomodations are acquired). Only the studio is gone. And after some lengthy reflection and rest I might come Face To Face with the typewriter again. But for now, there's bills to be paid and moving to do. And luxuries like writing will have to wait.

And it's Christmas. I think I'm going to enjoy this one. Have a Happy New Year the whole year. Try something new this time. Occasionally we have to fail, if only to recognize our success.

New Year
New Location
New Nails

First 5 new customers get
full set of nails $25.00
Second 5 new customers get
their new nails for $35.00
starting January 3/call for appointment now!

659-2582

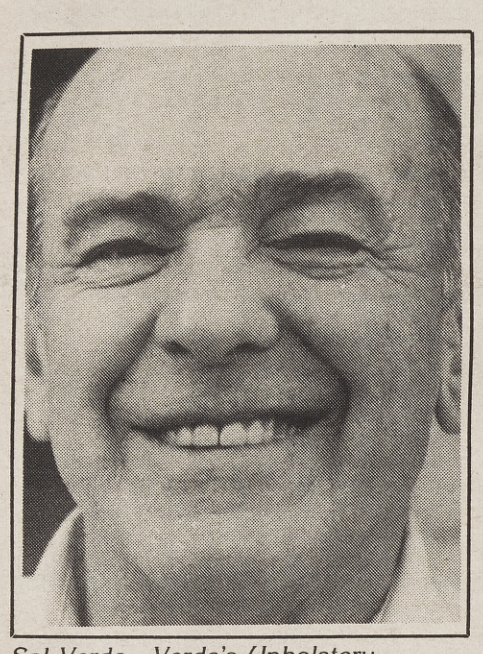
Nails by René

Talbott Building, S4, in the Village
(Above Carmel Valley Market)

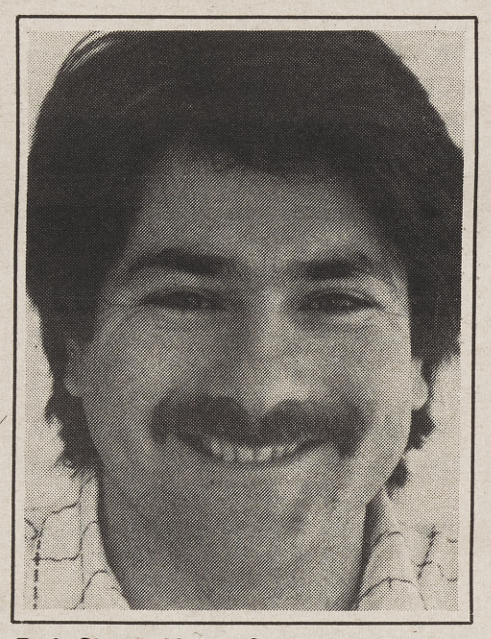
VALLEY VOICES

Photos by Debi Effron.

What changes do you think the new year will bring?



Sal Verde—Verde's Upholstery
"I feel we're going to continue to have good times businesswise and hopefully healthwise."



Rick Shea—Valley Studio
"Hopefully a new member of the family!"

Linda Mead—CV Chevron
"I expect the new year to bring a whole new life for me which would be nice for the whole world as well."

Jo Lomanto—Bank of America (Village)
"Interest rates will be going down to a single digit which will effect real estate, refinancing, remodeling, etc. Supposedly that's the forecase for '86."

The CHATTERBOX

for the talk of the town

- Breakfast
- Lunch
- Salad Bar

Hours
Open Mon.-Fri., 6 a.m.-3 p.m.
Sat., 7 a.m.-3 p.m.
Sun., 7 a.m.-2 p.m.
your hosts Phil & Francis Wright

New Location
Carmel Valley Village Center
(behind Will's Fargo)

TRADING POST

SERVICES

Judy Rowley's Home Animal Care visiting pet care while you're away. 659-4609.

Furniture refinishing & repairing, antiques & modern, complete restoration, kitchen cabinets. Pick-up & delivery. Star Refinishing Co. 1-Delfino Rd. C.V. Village 659-3019.

SITUATIONS WANTED

Needed. Caretaking position. Valley/ranch situation. 2 children, 2 dogs, 2 horses. Employed single father. 659-5586.

Shelly's Kitchen
EST. 1975
Serving American, Italian, Oriental & Jewish Cuisine

Did you know?

* We are the oldest, local **non-smoking** restaurant
* Whenever possible we use our **homegrown** produce & eggs
* Our **from-scratch** recipes are created by Shelly
* We are cosy & quaint—a **home-like** atmosphere.
* We have **new menus & new hours**

LUNCH: Mon-Fri 11:30-2:00 DINNER: Thur-Fri 5:30-8:30

13 W. Carmel Valley Rd., Carmel Valley Village
659-2792, 659-3601 Reservations Advised

PERSONALS

I am an intelligent, independent, honest 33 yr-old woman who is physically disabled, who is looking for male companionship. If you are interested, please write to me: CS, c/o CV Sun, PO Box 744, CV 93924.

BUSINESS OPPORTUNITY

Own your own bus. Get in on the fast growing bus. of tanning & toning bodies. For more info call 408-663-2964 or toll free 1-800-523-7435.

FOR SALE

Pre-remodeling sale. Farm Center Country Store Dec. 26-31. Men's jeans $18.99, men's cords $14.99. 25-50% OFF selected clothing, boots, hats & other store-wide specials.

75 Chevy ¾ T pickup 4x4, 58 Ford Tractor w/loader, wood burning stove, refrigerator & 55 gal. drums 373-3030 days or 649-1510 after 6 p.m.

RENTALS

For rent, small guest house in Village area. Call Sun Valley Realty for details 659-2216.

WANTED

Professional facialist with local references to do weekly facials in my valley home. 659-3777.

Classified Advertising

Ads run $1 per line

IRON KETTLE
Homestyle Lunches
Tues.-Sat. 11-3

Devonshire Tea Tues.-Sat. 2:30-5
Dinner Wed.-Sat. 5-8:30

Champagne Brunch
Sun. 10-2

659-5472 Reservations
Also Available for Private Parties
White Oak Plaza, Carmel Valley Village

Holiday Special
Traditional Plum Pudding with Hard Sauce

DINNER IS SERVED

Including Fresh Vegetable Basket with Creamy Dill Dip, Soup of the Day and Tea or Coffee.

We want to take this opportunity to wish our valued customers a Prosperous New Year!

Wed.	Thur.	Fri.	Sat.	Sun.	Tue.
25 MERRY CHRISTMAS!	26 Fennel Pork Roast with Steamed Rice & Herbed Scalloped Tomatoes	27 Chicken Tetrazzini and Tossed Green Salad*	28 Beef Pot Roast Potato Pancakes & Apple Sauce	29 Champagne Brunch 10-2	31 Closed
1 Closed	2 Savory Aussie Meat Loaf with Sweet Potato Puffs	3 Veal Chops Orloff with Mixed Greens Saute & Egg Noodles	4 Lamb Curry with Assorted Condiments & Steamed Rice	5 Champagne Brunch 10-2	7 Lunch 11-3 Tea 2:30-5 Closed Dinner

*Tossed Salad Substituted for Vegetable Basket

Beer & Wine Available